

# The SHEPPARD SENATOR

Sheppard Air Force Base, Texas, home of the 82nd Training Wing and 80th Flying Training Wing

## Mother's Day Brunch

Treat Mom to the best at the Mother's Day Brunch, Sunday at the officers club. Four seating times available at 10:30 a.m., 11:30 a.m., 12:30 p.m. and 1:30 p.m. Cost is \$13.95 for members, \$16.95 non-members, and \$7.95 for children ages 5-12. As an added touch, mothers will receive flowers. Reservations are required. All ranks are welcome. Call 6-6460 to reserve your seat.

## Air Force Awards

Congratulations to Sheppard's 2001 Air Force Medical Service Award winners:

- Health Promotion Program, Large Base: 82nd Medical Group
- Physician Assistant, Company Grade: 1st Lt. Lee Ackley, 82nd MDG
- Pharmacy NCO: Tech. Sgt. Janice Carr, 882nd TRG
- Colonel Donald D. Dunton Ophthalmic Awards, NCO: Tech. Sgt. William Muse, 882nd TRG
- Physical Therapy, NCO: Staff Sgt. Jason Foster, 882nd TRG
- Public Health, Airman: Senior Airman Alexander Mosquera-Melo 82nd MDG
- Health Services Management, Airman: Senior Airman Steven Fox, 882nd TRG
- Nutritional Medicine, Airman: Senior Airman Jovan Leach, 82nd MDG
- Bioenvironmental Engineer, NCO: Tech. Sgt. Martha Briggs, 82nd MDG
- CMSgt Lewis W. Dunlap, NCO: Staff Sgt. Erinn McFall, 882nd TRG
- Outstanding Audiologist/Speech Pathologist Award: Capt. Sara Teufert, 82nd MDG



## Mission Fitness

Airman 1st Class Anne Marie Kott, 383rd Training Squadron student, works up a sweat on a stationary bike at the south fitness center. Mission Fitness is the Air Force program that emphasizes physical conditioning and a healthy lifestyle for Air Force personnel and families. As part of this program, the Sheppard fitness center is holding special events throughout the month. Although the program only lasts a month, everyone should make fitness a part of their daily lives. See page 20 for upcoming fitness events. (Photo by Mike McKito).

# New program targets terrorism

By Maj. Mike Richmond

*Air Force Office of Special Investigations  
Public Affairs*

**WASHINGTON (AFP)** — A new anti-terrorism initiative from the Air Force Office of Special Investigations is taking root around the world.

Called "Eagle Eyes," the program aims to prevent terrorism by encouraging and enabling Air Force members and citizens to report terrorist planning activities they observe. The program also features processes for rapid follow-up investigations and information sharing to other echelons of command and other law enforcement agencies as appropriate.

"Terrorism is always preceded by planning steps, and those steps are observable if you know what to look for," said Maj. John Gamache, an OSI special agent working homeland security threat and investigative issues from

OSI headquarters at Andrews Air Force Base, Md. "This program seeks to educate the masses, both on base and off, on what those activities are, and then what to do about it if you see something suspicious."

Gamache said "Eagle Eyes" officially came to life April 18 when Air Force Chief of Staff Gen. John Jumper signed a memo endorsing the program. Weeks earlier, however, OSI detachments and security forces squadrons around the globe began establishing local reporting processes in anticipation of the program's launch.

"Security forces are full partners in this initiative," Gamache said. "Their participation is crucial to making this work at the installation level."

While local reporting processes may differ slightly, in most cases people will be advised to report suspicious activity to their security forces desk.

"Our squadrons have the advantage of being manned 24 hours a day, all year round, so there's never a time that a person couldn't report a suspicious activity to us," said Maj. Mel Allen of the Air Force headquarters security forces directorate. "Once a call comes in, our cops will notify the OSI right away to investigate, and depending on what the nature of the call is, we can respond to the situation immediately if that's what's called for."

According to Gamache, widespread promotion of the program is critical to its success.

"It'll do no good to build speedy reporting and investigating processes if people don't know what to report," Gamache said. "And for that reason, a substantial promotional campaign is

see **AFOSI** on page 7



**Brig. Gen. Arthur Rooney Jr. participates in a medical readiness training exercise with students in the 882nd Training Group. (Photo by Mike McKito)**

## Crosswalks and Stop Signs

While driving to work down Ave E (Ave E and 9th Street intersection), I noticed a very dangerous situation concerning pedestrian crosswalks. What caught my eye was a dump truck obstructing my view of the airman crossing the street, and I (as I was stopping at the stoplight) didn't notice her until it was almost too late. After some thought, I realized this was a base-wide problem and (using ORM principles) thought it should be addressed. Most, if not all, base crosswalks are effectively blocked by stopped traffic. The "stop-lines" painted at intersections are beyond the crosswalk area and, thus, pedestrians' access to the crosswalk is restricted, causing pedestrians to walk in front of or behind vehicles to cross the street. I propose that all "stop-lines" be repainted in a more appropriate location before the crosswalk area and, if possible, stop signs be moved back behind the crosswalk.

I intend to use your observations as the impetus for a complete review of street markings on Sheppard. Since many of the sidewalks on Sheppard are offset considerably more than 10 feet from the cross street, the crosswalks are often well back of the stop signs and bars. Crosswalks are placed not indiscriminately, but only at pedestrian concentrations where a substantial conflict between vehicle and pedestrian traffic exists. In general, "road guards" control massed pedestrian crossings at Sheppard with only a few casual pedestrian crossings meeting the above criteria. Fiscally, it is not feasible to move existing sidewalks, nor always desirable because of close proximity to traffic flow. In practice, most drivers will acknowledge a pedestrian waiting to cross a street and, with a little patience and due care, the pedestrian can cross the street with total safety.

## Action Line 676-2000, action.line@sheppard.af.mil

The 82nd Training Wing's Action Line is your direct line to me for any concerns and suggestions you have. I am personally involved in every reply, and I am committed to making Sheppard AFB a better place to live, work and play. Before you call the Action Line, however, I ask that you give your chain of command or other base agencies an opportunity to work your concerns. If you still do not receive a satisfactory response, call me at 676-2000, or send an e-mail to

action.line@sheppard.af.mil. Please include your name and telephone number. Those concerns with a wide impact at Sheppard may be published in *The Sheppard Senator*.  
AAFES.....6-2211  
AF suggestion office....6-IDEA  
AFI 36-2903 issues.....6-2984  
Civil engineer/housing...6-2846  
Facilities maintenance...6-6524  
Civilian pay.....6-4890  
Commissary.....6-2750  
Comm squadron.....6-5524  
Dress and appearance.....6-2984  
Education office.....6-6231

Family support.....6-4358  
Fraud, waste and abuse..6-2222  
Inspector general.....6-2031  
Military pay .....6-1851  
MEO.....6-2360  
Patient advocacy.....6-7791  
Safety.....6-4149  
Security forces.....6-2379  
Services Division .....6-2089  
CDC.....6-4244  
Youth center.....6-5395  
Golf course.....6-6369  
Billeting, gyms, athletics, and dining hall.....6-7429  
South bowling center.....6-2170  
Victim assistance.....6-7206  
Base straight talk line.....6-4438

## DOD authorizes National Defense Service Medal wear

By Rudi Williams

American Forces Press Service

**WASHINGTON** — All service members, including Coast Guardsmen, who were on active duty on or after Sept. 11, are eligible to wear the National Defense Service Medal, defense officials announced May 1.

"The sacrifices and contributions made by the armed forces in direct response to the terrorism attacks on the United States and to the long-term resolution of terrorism merit special recognition," said Deputy Secretary of Defense Paul Wolfowitz.

Members of the National Guard and Reserve may also be awarded the medal if they were on federal active duty on or after Sept. 11. Excep-

tions are if they were on active duty for training, on short tours of active duty to serve on boards, courts, commissions and the like, or on active duty solely to get a physical exam.

No closing date has been established for this newest period. Eligible servicemembers can receive and wear the award immediately. Those already awarded the medal for an earlier period will receive a bronze service star device to attach to the ribbon.

Established by President Eisenhower on April 22, 1953, the National Defense Service Medal indicates military service during a time of war or conflict regardless of the service member's station of duty.



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# Sheppard airman provides vital support to deployed troops

**By Staff Sgt. Sonny Cohrs**  
320th Air Expeditionary Wing  
Public Affairs

When America goes to war, chaplains do not carry weapons; however, chaplains at one deployed location have a "sword" in their arsenal. Airman 1st Class Sara L. Sword, that is.

Airman Sword is a chaplain assistant from Sheppard, deployed along with Senior Airman Andrew N. Smith from Whiteman Air Force Base, Mo. The two are responsible for helping the chaplains complete their mission of spreading God's word to deployed troops.

"I like the idea of assisting them in the ministry they do," Airman Smith said about his role. "We are here enabling them to do what they need to do."

The support of chaplain assistants is often behind-the-scenes work. The assistants are not assigned to a specific chaplain, but work together as a team. They are responsible for setting up the chapel for each service and with assisting the chaplains with paperwork, research, book keeping, facility maintenance, scheduling and anything else necessary for completing the weekly worship services. In combat, chaplain assistants carry a weapon to protect the chaplains from harm during field

ministry.

Airman Sword, a 21-year-old native of Hagerstown, Md., feels her job is very important to the chaplains she assists, especially during this deployment.

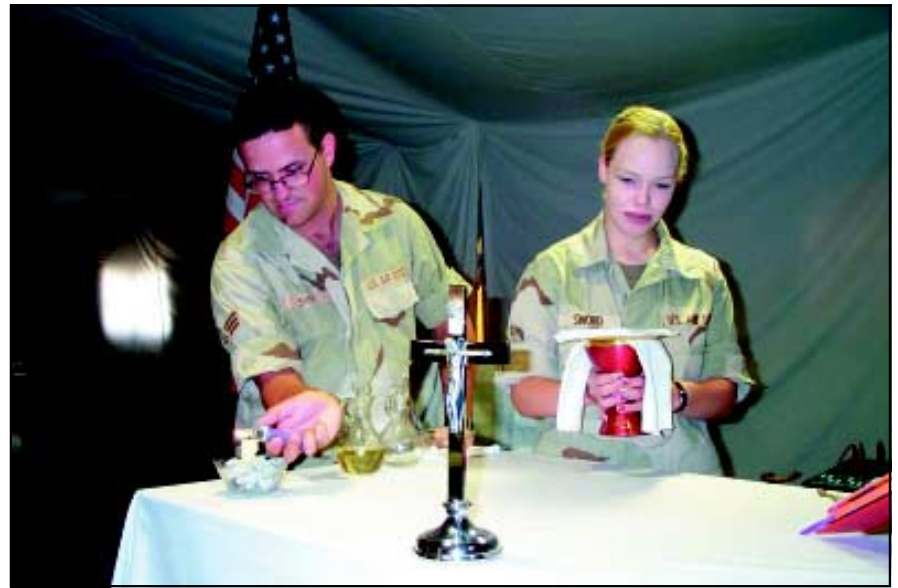
"I really like being able to work with the chaplains," she said. "They go out and provide their ministry at a time when most people really need it."

Both Airman Smith and Airman Sword come from religious backgrounds, though that is not a requirement of the job. Smith, a 22-year-old native of Huntington, Ind., was not sure what he wanted to do when he joined the Air Force.

"I always knew I would join the military," he said. "My dad was in the Air Force, and I went to all of the recruiters. The Air Force offered me a much better life."

Airman Smith grew up in the Catholic school system and attended church regularly with his parents.

After deciding on the blue suit, Airman Smith went to the Military Entrance Processing Station and was not sure which job he wanted. After learning explosive ordnance disposal fetched a \$10,000 sign-on bonus with a six-year commitment, he decided that was a perfect job for him; however, once in basic training, something



**Senior Airman Andrew N. Smith and Airman 1st Class Sara L. Sword set up the altar for Catholic Mass in a chapel at a forward-deployed location in Southwest Asia. The two are responsible for helping the chaplains complete their mission of spreading God's word to deployed troops. (Photo by Staff Sgt. Sonny Cohrs)**

changed his mind.

"In basic training, they took us all to the chapel and gave us the chapel briefing. And they said, 'Oh by the way, there's one more opening (for a chaplain assistant) at the tech school,'" Airman Smith said. "I weighed the options real quick: playing with bombs or working at church?"

Airman Sword has a similar story on her road to the service. After graduating from high school, Sword worked as a nurs-

ing assistant for two years. Sword joined the West Virginia Air National Guard and chose the aeromedical career field. During the paperwork process, she discovered she could not become an emergency medical technician because she did not have a driver's license.

When the recruiters asked what type of experiences she did have, she told them she had spent time at a convent.

"I went to a convent for a

little while because I thought I might want to be a nun," Airman Sword said. "I thought that was something I might want to do, and while I was there I got kind of homesick. The [other nuns] had done all sorts of traveling already, so I thought maybe there was something else I should see."

Based on her experience, her recruiter signed her up to be a chaplain assistant.

## Views: Spouse Appreciation Day a good time to say 'thanks'

**By Doris Cannon**  
Family Support Center

Since the early days of the Continental Army, the spouses of military members have made unselfish contributions to the spirit and well being of their fighting warriors and the general welfare of their communities. Throughout the years, spouses have made countless personal sacrifices to support the Armed Forces. In many instances, they subordinated their personal and professional aspirations to the greater benefit of the service family. Responding to the call of duty, they frequently endured long periods of

separation or left familiar surroundings and friends to re-establish their homes in distant places. And there they became ambassadors abroad.

On April 17, 1984, Former President Ronald Reagan signed a proclamation honoring the spouses of our military members. Traditionally, Military Spouses Day is celebrated on the second Friday in May. The leadership of Air Force Materiel Command has extended the celebration of spouses to include the spouses of civilian employees who support our military mission.

Today is Spouse Appreciation Day.

Sheppard is celebrating the day in a variety of ways to say thank you to all spouses for the continual support they provide. Everyone can take advantage of the following special event in commemoration of Spouse Appreciation Day:

Stop by the base exchange or commissary 11 a.m. - 1 p.m., and visit with Family Support Center staff members and enter your name in a drawing for various door prizes. Door prizes include gift baskets donated by the BX, items provided by commissary vendors and more door prizes from the com-

missary and Services Squadron. Cake will be served.

If you are a married military member or civilian employee, be sure to say "Thank you" to your spouse. A break from routine household chores, going out to eat, a bouquet of flowers, time for a hot bath, a back rub, going to a movie, a walk around the neighborhood or a note expressing your appreciation are all ways you can let your spouse know how much you appreciate him/her.

Make today a special day for your spouse! It's a small thanks for their love and commitment throughout the year.

**NCO induction ceremony volunteers needed**

The Junior Enlisted Troops Service will sponsor an NCO induction ceremony Aug. 30 at the enlisted club. They are looking for volunteers to assist with several aspects of the ceremony. If interested, call Staff Sgt. Kathy Wood for seating at 6-8499, Staff Sgt. Michael Kohn for speakers at 6-7535, Tech. Sgt. Timothy Green for invitations and programs at 6-2810, Tech. Sgt. Dianna Valley for protocol at 6-6023, Senior Airman Larry Frey for sounds and systems at 6-6103, Staff Sgt. Linda Burns for certificates and binders at 6-6290, Staff Sgt. Suzette Whilby for advertisement at 6-4250 and Staff Sgt. Edmund Allen for club and theater at 6-4474.

**Hospital closure**

The base hospital will be closed for an official function on May 17 from noon to 4:30 p.m. Emergency services will be

available through the Emergency Services Department at 6-2333.

**Family child care**

The need for quality child care for military families has never been greater. Air Force family child care providers care for military dependent children. Family child care providers will receive training in CPR, first aid, rescue breathing, record keeping and child development. For more information, call FCC coordinator 6-4237.

**Housing office closure**

The Housing Office will be closed May 30 from 11 a.m. to 1 p.m. to allow housing employees to attend a retirement luncheon for two of their coworkers.

**Telephone switch**

Due to the upcoming installation of a new telephone switch at Sheppard, telephone work requests will not be accepted

after May 31. The installation of the new switch is scheduled to be completed Nov. 11. For any questions or concerns, please contact the 82nd Communications Squadron at 6-2054, 6-4433 or 6-5581.

**National Association of Retired Federal Employees meeting**

Wichita Falls Chapter 246, National Association of Retired Federal Employees will host a fish fry on May 18. The event will be held at the Communication Workers of America Union Hall located at 3424 Barnett Rd. Serving time is from 11 a.m. to 2 p.m. There is no cost for eligible members. Current employees and retirees are welcome.

The next regular scheduled meeting is May 21 at the Piccadilly Cafeteria in Sikes Senter Mall. Meeting time is 11 a.m. and the meal is optional.

For more information, call Jimmie Griffith at 692-7676, Patsy Shell at 855-1821, Agatha Graves at 586-1159 or

Margie Sraw at 692-9819.

**Quarterly CCAC meeting**

The next Quarterly Consolidated Consumer Advisory Council meeting will be May 23 at 1:30 p.m. in the community center conference room. This meeting is to flow information to the support organizations, which are Commissary, AAFES, and Services Division. This is a forum where active duty, dependents, retirees, and anyone else who is interested are invited to address any concerns they may have about services or products. For more information, call Judy Kimberlin at 6-2745 or Walter Tyndale at 6-2745.

**Law Day 2002**

Retired Col. Henry Fowler, will speak at Law Day 2002 at the base theater today from 2-3:30 p.m. The colonel will share some of his experiences as a pilot, a POW and an Air Force attorney.

# *I Love Sheppard Week improves base appearance*



Students in the 383rd Training Squadron line up to do a FOD walk on the flight line. (Photo by Mike McKito)



A 383rd Training Squadron student uses a shovel to edge the sidewalk around his dormitory building. (Photo by Mike McKito)



Senior Airman Kathleen Langley, Senior Airman Rodney Jones and Senior Airman Damion Tilghman, 80th OSS, (above) paint the step railing in front of the headquarters building. (Photo by Staff Sgt. Frank Lopez)



Airman Laura Corbin (above), 82nd Mission Support Squadron, paints a room at the base education office. (Photo by 2nd Lt. Ann Hatley)



Students in the 382nd Training Squadron (left) work together to pick up litter. (Photo by Mike McKito)



## **Squadron beautification**

Col. Jeanie Kearney, 882nd Training Group commander, and Senior Airman Kim Hornof cut a ribbon at the 383rd Training Squadron's beautification project dedication May 3. Airman Hornof suggested hanging pictures throughout the school house to improve the squadron's appearance. The displays consist of Air Force history, Sheppard history, EMT, IDMT, and nursing history. The project, headed up by Lt. Col. Dana Howard, 383rd TRS flight commander, basic nursing, also included a display regarding Phase II locations at multiple training locations. The ceremony was done in conjunction with the Retired Air Force Nurses visit, and was also a great start to I Love Sheppard Week, which focuses on improving the appearance of units on base. (Photo by Lynn Bullard)



## AFOSI

Continued from page 1

built into the program.”

Gamache said program promotion will include base newspaper articles, briefings at commanders’ calls and presentations to newcomers, family members and off-base populations. Additionally, an official program logo is being designed and will eventually be applied to educational handouts.

The publicity campaign targets a large and diverse audience.

“It’s important that this campaign reaches as many people as possible, to include not just military people, but civilian workers, family members, contractors, off-base merchants, community organizations, neighborhoods, you name it,” Gamache said.

“Our agents can’t be everywhere and neither can the security forces personnel,” he said, “so we’re enlisting the eyes and ears of everybody. We’re saying, ‘You know best what does or doesn’t belong in your neighborhood, in your work area, on your drive to work, so you’ll be able to spot something that doesn’t quite look right and phone it in.’”

Gamache identified seven categories of suspicious activities that warrant reporting:

- Surveillance. Someone recording or monitoring activities. This may include using cameras (either still or video), taking notes, drawing diagrams, annotating on maps, or using binoculars or other vision-enhancing devices.

- Elicitation. People or organizations attempting to gain information about military operations, capabilities, or people. Elicitation attempts may be made by mail, fax, telephone, or in person.

- Tests of security. Any attempts to measure reaction times to security breaches or to penetrate physical security barriers or procedures in order to assess strengths and weaknesses.

- Acquiring supplies. Purchasing or stealing explosives, weapons, ammunition, etc. Also includes acquiring military uniforms, decals,

flight manuals, passes or badges (or the equipment to manufacture such items) or any other controlled items.

- Suspicious persons out of place. These are people who don’t seem to belong in the workplace, neighborhood, business establishment, or anywhere else. This includes suspicious border crossings and stowaways aboard ship or people jumping ship in port.

- Dry run: Putting people into position and moving them around according to their plan without

actually committing the terrorist act. This is especially true when planning a kidnapping, but it can also pertain to bombings. An element of this activity could also include mapping out routes and determining the timing of traffic lights and flow.

- Deploying assets: People and supplies getting into position to commit the act. This is a person’s last chance to alert authorities before the terrorist act occurs.

Besides investigating each re-

port, Gamache said OSI detachments will share the information with their “watch team” at OSI headquarters, which compiles such reports and pushes them out electronically in near real-time to other levels of command and to other law enforcement agencies.

Local OSI detachments have more information on local reporting procedures and how to schedule an Eagle Eyes briefing.

At Sheppard anyone with

*something to report should immediately call the Law Enforcement Desk at 6-2981. From there, security forces will respond as appropriate to the immediate situation and immediately pass the report to OSI Det 411. From there, OSI will begin appropriate follow-up action, which may include an agent responding to talk with the person who called in the report to gain additional information on what was seen or heard.*

# Student Stuff

Happenings on base and in the community

## Student center Memorial Day Bash events

Every Monday, 6-8 p.m. - spade tournament

Every Monday, 6-8 p.m. - jam session bring your own instrument/equipment.

Every Tuesday, 5- 8:30 p.m. - Country Video Night in the pub.

Every Wednesday, 7-9 p.m.- Variety Dance Night in the pub. Listen to Latin, hip-hop and R&B.

Every Thursday, 5-9 p.m. Video Night in the pub.

Every Friday and Saturday, 7-11:30 p.m. Club BDU

Every Sunday, 3-5 p.m. billiards tournament in the pub.

## Hours of Operation

Mon-Thurs: 10:30 a.m. to 10 p.m.

Friday and Saturday : 10:30 a.m. to 1 a.m.

Sunday: Noon to 10 p.m.

Holidays: Noon to 8 p.m.

## Student center comedy jam

The Student Center welcomes the Comic View comedians Marlin "Wan" Dexter and Dexter Smiles on May 18 from 8-9 p.m. in the main ballroom followed by a dance. The cost is \$5 per student and this price includes the dance following at 9:30 p.m. This event is open to all NPS students. For more information call Sam or Lisa at 6-7659.

## Special Dance

Club BDU Memorial Dance, May 26 from 7 - 11:30 p.m.

The student center will host the Memorial Day Bash/Battle of the Bands, May 27 from 1-6 p.m. The student center will be serving free food to the students. Menu: hamburgers, hotdogs, chips and drinks. There will be a DJ in the park for entertainment. This event is sponsored by Chaney Financial Group (*No federal endorsement of sponsor intended*). For more information, call Lisa Christman at 6-2491.

## Chapel Events

Sheppard chapels offer a variety of programs for student enrichment:

### Saturday

Beginning May 18, all students are invited to the "Solid Rock Cafe," held each Saturday at the south chapel. Includes variety of scheduled activities, 4 - 9 p.m, with dinner served at 5 p.m.

### Tuesday

Chaplain's offer helpful classes every Tuesday, 2-4 p.m., in the north chapel for students awaiting training or for those having already gone through graduation. Course titles include: Starting on Your Own, Achieving Your God-given Potential, Understanding Grief, and Reflecting on Issues of Faith.

### Sunday

Students are invited to the north chapel at 5 p.m. on Sundays for Bible study, an informal get-together with refreshments and student-led music, and ending with athletic activities at the north fitness center.

**Students: be sure to read the Sheppard Senator each week for things to do on base and in the community.**

## Views: May is Asian/Pacific Islander Month

### By Flordeliza Payton

*AAFES manager*

In celebration of the Asian/Pacific Islander Month, I would like to share with you some of our cultural differences, traits, traditions and languages.

Each Asian country is unique, with its own history, culture, language, religious traditions and cuisine.

And just as the cultures of Asian countries are distinct, customs and behaviors vary widely from country to country.

### Who are we?

We are the Asian-Americans, whose origins are traced to countries of East and Southeast Asia, the Indian subcontinent and the Pacific Islands. Our people have significant representation in the United States to include: Bangladeshi, Indonesian, Pacific Islander, Burmese, Japanese, Pakistani, Cambodian, Korean, Singaporean, Chinese, Laotian, Sri Lankan, East Indian, Malaysian, Taiwanese, Filipino, Manchurian, Thai, Hmong, Mongolian, Tibetan, Hong Kong, Nepalese and Vietnamese.

Our largest concentrations are found in Hawaii and in the West Coast cities of Los Angeles, San Francisco and Seattle. Substantial populations also live in other large metropolitan areas, including Chicago, Boston and New York City.

## ADC commentary: Your rights under the UCMJ, the Constitution

**By Capt. Jane Boomer**

*Area Defense Counsel*

Article 31(b) of the Uniform Code of Military Justice provides that no person subject to the UCMJ may interrogate, or request any statement from an accused or a person suspected of an offense without first informing him of the nature of the accusation, advising him that he does not have to make any statement regarding the offense of which he is accused or suspected, and that any statement made by

him may be used as evidence against him in a trial by court-martial.

What does this mean for you, as a military member, subject to the code? It means that if your commander, first sergeant, military training leader or supervisor suspects you of any offense or crime, they may not question you about that offense or crime without a rights advisement. It also means that you then must knowingly and voluntarily waive your rights before making any statement,

whether oral or written.

What must the Article 31 rights advisement include? The general nature of the suspected offense, your right to remain silent, the consequences of making a statement and your right to counsel is usually included on the rights advisement card (Air Force Visual Aid 125-19).

Under the 5th and 6th Amendments to the Constitution and after considerable interpretation by the United States Supreme Court and military courts,

you have the right against compulsory self-incrimination and the right to counsel. No one can compel you to say anything that could incriminate you in a criminal matter. Also, as military members, you are afforded the right to counsel free of charge.

These are just some of the important rights afforded to you under the Constitution and the UCMJ. Read and heed—because anything you say can and will be used against you.



# TRICARE and traveling: important health care tips for the road

Summer is the time for travel. Many families will be taking their vacations or transferring to another assignment. Whether you travel within the United States or to a foreign country, TRICARE can help with your health care needs you may have while on the road. You may also obtain a brochure about traveling with TRICARE through a Customer Service Representative at 1-800-406-2832 or download a copy from our Website at [www.hnfs.net](http://www.hnfs.net).

## Emergency Care

If you or a family member encounter an emergency situation while traveling, TRICARE Prime will cover your medical care. An emergency is a medical or psychiatric condition that would lead an average, non-medical person to believe that lack of immediate medical attention would threaten life, limb or sight. Emergency care is also appropriate to relieve severe pain or suffering.

If you are confronted with an emergency while traveling, seek immediate care at the nearest hospital emergency room. Remember to contact your Primary Care Manager (PCM) within 24 hours of receiving care. This should get your PCM involved in any follow-up care you may need. Also contact the Health Care Finder (HCF) at 1-800-406-2832, to

initiate a record of the care you are receiving. This and keeping all receipts and other documents related to the care you received will ensure proper and quick payment of your claim after you return home.

## Urgent Care

For urgent but non-emergency conditions while traveling, you will need to contact an HCF for directions on treatment options before you receive care at a military or a civilian facility. If prior authorization for urgent care is not received from the HCF, you will be billed under the Point-of-Service (POS) option, resulting in higher costs to you. It is also recommended that you notify your PCM that you have seen another physician soon after you have received care.

Active duty service members in travel status need to remember that they must contact the MTF to which they are assigned to get authorization to see a civilian provider for any health care other than emergency care. If you are unable to access care at a nearby MTF, call a HCF at 1-800-406-2832 for authorization to see a civilian provider.

Active duty members in TRICARE Prime Remote must contact their Service Point of Contact at 1-888-647-6676, for medical over-

sight of civilian health care.

## Prescription Medication While Traveling

When you are outside of your TRICARE Prime area, the following guidelines apply: make sure you bring along enough of your prescription medications to last for the entire trip. If you have to fill a prescription while outside of your TRICARE region, you will have to pay the entire amount out of your own pocket and then seek reimbursement from TRICARE when you return home. You may be assessed a POS charge unless you call the HCF and obtain an authorization. When traveling within your region, pay only the copayment by using a network pharmacy.

If you are taking a long vacation and you want to make sure you don't run out of medicine while you are away, the National Mail-Order Pharmacy (NMOP) can help. You can receive a 90-day supply when you order your medications through the NMOP. For additional information on the NMOP call 1-800-903-4680 or visit the following Websites:

- [www.merck-medco.com](http://www.merck-medco.com) to order prescriptions online
- [www.TRICARE.osd.mil/ClaimForms](http://www.TRICARE.osd.mil/ClaimForms) to download claim forms

## Health Care Information

If you are traveling and find yourself confronted with a medical situation that does not require emergency or urgent care, TRICARE may still be able to help. You can quickly find information on many health care topics through the Health Care Information Line (HCIL). The HCIL is a free, 24-hours-a-day health information line, which provides fast, easy access to health information. By calling 1-800-611-2875, you can listen to over 500 recorded health topics through the AudioHealth Library® or if necessary, speak to a nurse.

Remember that the HCF and HCIL lines are not toll-free if dialed from outside the United States. To dial from a foreign country, you will need to know the U.S.A. direct access code for that country. To find the access code for a country you will be visiting, contact your long-distance telephone company before you leave on your trip.

**Read about  
new DEERS  
information  
on page 18**

## Commentary: give mom something from the heart

**By Chap. (Maj.) Frank Hamilton**  
*Base chapel staff*

"Buy your Mother no gifts, nor flowers, nor cards for Mother's Day!" You have probably never heard that phrase uttered about Mother's Day, but it was said by the founder of Mother's Day, Miss Anna Jarvis. Miss Jarvis made this statement in her later life as she saw her idea of honoring our mothers corrupted by commercialization.

Anna Jarvis' mother was the daughter and granddaughter of ministers of the Methodist Church. Her mother was a hard working and committed volunteer in her church in Grafton, W.V. When Anna Jarvis' mother died on May 9, 1905, Anna began to write about aspects of her mother's life, her religious piety, her mother's religious conversion at the age of 12, and her mother's dedicated service to the Grafton Methodist Church. In 1907, this church honored the memory of Mrs. Jarvis with a ceremony.

By 1908, Miss Jarvis wanted a national celebration to recognize and memorialize all mothers. She wanted this observance to have a deep spiritual emphasis. Anna began to write church leaders and religious organizations to muster support. She petitioned senators, members of Congress, governors, and even President Woodrow Wilson to have her idea endorsed.

In 1912, the Methodist Episcopal Church formally embraced Mother's Day. In 1914, President Woodrow Wilson issued a Presidential Proclamation making Mother's Day a national holiday. Miss Anna Jarvis worked almost 40 years promoting the spiritual aspects of Mother's Day, but commercialism moved in and quickly exploited the financial benefits of this new holiday.

While Miss Jarvis envisioned a "holy day to recognize a Divine Gift," companies saw opportunities for profit. The Florists' Telegraphic Delivery (FTD, founded 1910) soon promoted wearing a white flower to memorialize a deceased mother and a red flower to honor a living mother. They marketed the idea of sending flowers to your mother by telegraph. Similarly, the newly founded National Association of Greeting Card Manufacturers began to print special cards promoting Mother's Day. The candy industry jumped in and promoted

the buying of candy to show one's love for mother. What had begun as Miss Jarvis' idea to honor one's mother in a spiritual way soon became a moneymaking enterprise for companies.

To combat this gross commercialism, Miss Jarvis wrote terse criticisms against "those trades' vandals" and "trades pirates" who would "take the coppers off a dead mother's eyes to make a penny." Miss Jarvis said, "Instead of buying things for your mother, simply write her a long letter of thanks and honor."

Perhaps Miss Jarvis was right. While I am sure cards, candies and flowers will be appreciated and enjoyed, how blessed our mothers would be were we to write a letter from our hearts thanking our mothers for all they have done to enrich our lives with their love. A letter like this will be more powerful and cherished than one of those mass produced cards written by a stranger at a card factory!

### Lightning safety tips

•Plan in advance evacuation and safety measures. When you first see lightning or hear thunder, activate emergency plan. Now is the time to go to a building or a vehicle. Lightning often precedes rain; so don't wait for the rain to begin before suspending activities.

•If outdoors, avoid water, high ground, open spaces and all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle with the windows completely shut. If lightning is striking nearby when you are outside, you should:

1. Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.
2. Avoid proximity (mini-



num of 15 feet.) to other people.

•If indoors, avoid water. Stay away from doors and windows. Do not use a land telephone. Take off headsets. Turn off, unplug, and stay away from appliances, computers, power tools, and TVs. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.

•Suspend outdoor activity for 30 minutes after the last observed lightning or thunder.

•Injured persons do not carry an electrical charge and can be handled safely. Apply first aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

(Courtesy of the 82nd TRW Safety Office)

# Commentary: take steps now to prevent osteoporosis

**By Maj. Elizabeth Watson**

*Nutritional Medicine flight commander*

Approximately 75 million people in the United States, Europe, and Japan suffer from osteoporosis, a condition characterized by low bone mineral density (BMD). Low BMD increases your risk for fractures to the hip and spine, and can greatly affect your quality of life. Women are at increased risk for osteoporosis, due to bone mineral loss following menopause. Women of Asian descent and fair-skinned Caucasians are at highest risks for low BMD.

Osteoporosis is not truly reversible—but there are steps you can take to prevent the condition, or at least slow its progress. Avoiding tobacco and alcohol, eating a proper diet, and getting plenty of exercise are all key factors in ensuring adequate BMD. Smoking cessation is one of the most important steps you can take for your overall health. The Health and Wellness Center (HAWC) has classes and information that can help you get on your way...just call 6-4292. Alcohol use is associated with bone density losses, and should be strictly limited in those at risk for osteoporosis. Diet and exercise for osteoporosis prevention

are discussed in more detail below.

Adequate calcium intake is vital for the accumulation and preservation of BMD. Calcium is extremely important for girls in the elementary school and middle school ages, the time in which bone density rapidly increases. The American Dietetic Association (ADA) recommends the following amounts of calcium: females 9-18 years old, 1300 mg/day, women 19-50 years old, 1000mg/day, and 1200 mg/day for those over 50 years of age. Educational sources may differ. In fact, some experts believe that those over 50 years of age or postmenopausal women should receive as much as 1500 mg of calcium per day. If you have questions regarding your individual calcium needs, please speak with a member of your health care team.

It is important to include a variety of calcium-rich foods and fluids everyday. Dairy products are excellent sources of calcium, but some fortified juices and milk substitutes can also provide the mineral. Some vegetables contain calcium, but much of it is bound to fiber and will not be well absorbed by the body. Calcium citrate or calcium carbonate are fairly well utilized, and are available as over-the-

counter supplements.

Some substances that we eat can have a less than optimal effect on the level of calcium in our bodies. For example, high intake of sodium, protein, or caffeine can cause the body to lose calcium and may increase the risk for low bone density. A 500 mg increase in sodium intake can result in a loss of 10 mg of calcium. A protein boost of 50 g per day can cause a loss of 60 mg calcium, and the caffeine in one cup of coffee can knock out another 40 mg. The good news is that if you take in adequate amounts of calcium, the effects of excess protein, sodium and caffeine are usually low.

Some foods have been shown to have a positive effect on our BMD. Soy foods, for example, have been shown to decrease BMD loss following menopause because of the isoflavones that soy contains. Isoflavones, the naturally occurring compounds found in soy and other plant products are also called “phytoestrogens.” They received this name because they are similar in structure to estrogen and may mimic some of the effects that estrogen has on the body. Individuals that have been advised against increasing their

estrogen intake, such as women who have breast cancer or are at high risk for breast cancer, or those that take a medication called tamoxifen should probably avoid dietary soy supplements for this reason. Sources of soy proteins include tofu, soybeans, soy flour, some soy milks, and soy-based meat substitutes. .

Finally, physical activity helps build BMD during youth and slows BMD loss associated with age. Exercise is more beneficial in preventing osteoporosis when it involves “weight-bearing” activities; such as walking, weightlifting, or aerobic activity. But remember, always check with your health care provider before beginning a new exercise regimen.

So don't be bad to your bones! Eat a healthy diet and include adequate amounts of calcium. Adequate calcium intake along with weight-bearing exercise maximizes the potential benefits. Also, avoid tobacco products and limit alcohol. Your body will thank you for it!

For more information on nutrition requirements, please contact the ADA's Consumer Nutrition Information Line at 1 800 366-1655 or refer to [www.eatwrite.com](http://www.eatwrite.com).

# Soundoff

**What types of activities would you like to see on base?**



"Salsa dance classes because we are in Texas, and they should have it on base." ~Airman Erin Wiedmann, 383 TRS



"A place where all branches can hang out and have fun." ~Marine Pfc. Jorge Morales, 364th TRS



"Base-wide trips to Six Flags would be nice so I can meet people from other branches and have fun while doing so." ~Navy Seaman Apprentice Jennifer Black, 366th TRS



"Organized volleyball and basketball matches between the different branches." ~Airman Mary Ann Bershers, 361st TRS



# Public Key Infrastructure: certificates and credentials

**By Chuck Courtney**

*Air Force PKI systems program officer*

*From Sheppard's Information Assurance and Base Network Security Office: In the near future Sheppard personnel will be able to secure e-mail to the next level that creates a trust among clients or personnel. This will start by placing a digital signature on a card. A digital signature is a unique electronic code that can authenticate a signer and tamper-proof a digital message. You say, "ANOTHER CARD?" The answer is no. The signature will be created on your Common Access Card (Military ID Card). PKI is coming soon to a location near you and the following will lay the groundwork for educating you before it arrives.*

A Public Key Infrastructure (PKI) revolves around the issuance of "certificates" and "private-public" key pairs. A PKI certificate is the digital representation of a physical (paper) certificate. Whereas "physical" certificates (driver's license, passport, ID card, etc) authorize owners the use of specific services, "digital" certificates identify and provide

you access to PKI security services. A certificate binds an individual's identity to their public key. All DoD personnel will be issued three types of PKI certificates.

- Identity Certificate – used to identify yourself to web servers, networks and system domains; used to digitally sign DoD documents; facilitates authentication, non-repudiation and non e-mail digital signature

- E-mail Signature Certificate – key is used to digitally sign your e-mail; which facilitates authentication, non-repudiation and e-mail digital signatures

- E-mail Encryption Certificate – contains your public key, used by others to encrypt e-mail; corresponding private key is used to decrypt e-mail and any attach-

ments, which facilitates greater security and confidentiality

Certificates and private keys are stored on a "token" an embedded computer chip in the new ID Card...the Common Access Card (CAC). Eventually, all DoD users will be issued the CAC. Users will import and load their certificates to their computers and take necessary steps to post their public keys to the Global Access List (GAL). Tokens will need to be protected from access by other people...after all, you wouldn't leave your ATM card and PIN lying on your desk. Having completed these actions, users will be ready to use applications that are public key enabled. Certificates are valid for three years after which they must be reissued. Each time you transfer to another base,

your e-mail certificates must be reissued to match your new e-mail address.

PKI enables us to use electronic signatures on Air Force documents such as travel vouchers, performance reports and various other applications as we evolve toward a paperless environment. We all need to be able to trust that the electronic travel voucher you process and e-mail you send reaches only the intended recipient intact and uncompromised. Likewise, a recipient must be able to trust that the electronic travel document or e-mail they receive actually comes from the person who sent it...with the assurance a third party has not altered the document or e-mail instructions sent to them. The answer to ensuring trust comes down to our

ability to digitally sign and encrypt information. PKI provides that means of protection and allows various applications such as Defense Travel Service (DTS) and Medium Grade Service (PKI) secure e-mail, to be enabled for more secure processing and reliability. Look for other PKI enabled applications in the future: Electronic Commerce Systems, Electronic Data Access, Medical Systems and Wide Area Workflow. Other applications will follow as operational requirements evolve. PKI will automate many paper-based or manual processes, which will ultimately streamline coordination processes.

For more information, visit <https://afpki.lackland.af.mil>, or call 2nd Lt. William De Forest at 6-6832.

## General activities

### Second annual build-a-boat race

The first team meeting for the second annual build-a-boat race will be at the community center May 28 at 2 p.m. in the conference room. The race will be held June 15 at the main pool. Races start at 10:30 a.m. Participants must register by June 10. For more information and registration, call 6-3866.

### Name the Services Mascot Contest

The information, tickets and tours office wants children ages 5-7 to name the Services "Bear" mascot. The Name the Services Mascot Contest will run until May 17. Winners will be selected on May 20 and will be notified at that time. The winner will receive a goody basket from ITT, a free Friday night activity at the youth center and one free bowling game and shoe rental. The Services mascot will be on hand to present the prize package to the winner. Entries may be placed at the youth center or at ITT. Call 6-2302 or 6-KIDS for more information.

Asian-American/Pacific Islander story time for the month of May

The base library will celebrate Asian-American/Pacific Islander Month every Tuesday in May with story time from 10:30 - 11 a.m. Children and adults are invited to come and enjoy story time with members of the Asian-American/Pacific Islander Committee. For more information, call 6-6152.

## Upcoming trips

### Six Flags Over Texas

Information, tickets and tours will sponsor a trip to Six Flags Over Texas Saturday. The cost is \$40 per person, with transportation and park admission ticket included. Attendees can visit the entertainment capital of Texas. The park features over 100 exciting rides, shows and attractions for guests' enjoyment. Visitors can check out great roller coasters like the Texas Giant, the TITAN, Batman or Mr. Freeze, and spend the day at the original Six Flags Theme Park riding thrilling rides till

their heart's content.

### Murder mystery weekend

Information, tickets and tours will sponsor a trip to Stone Lion Inn Murder Mystery Weekend June 15 and 16. The cost is \$250 per couple. This includes round trip transportation, overnight accommodations at the Stone Lion Inn, a seven-course candlelight dinner with Murder Mystery and breakfast. Participation in murder mystery is scripted. Dress code enforced. All rooms are non-smoking with only one bed and pricing is double occupancy only.

## Club activities

### Officers club game league

The officers club game league holds tournaments in 9-ball, cricket, shuffle board, foosball and crud starting at 6:30 the second and fourth Thursday of each month. Food and beverages are 15 percent off during league play. Prizes will be awarded. For more information, call 6-6460.

### Family Night

The enlisted club will host Family Night May 23 from 5:30-8 p.m. Guests can enjoy the family buffet and register for assorted door prizes. The event is sponsored by Chaney Financial Group (*No Federal endorsement of sponsor intended*). All ranks are welcome. For more information, call 6-6427.

### Seafood buffet dinner

The officers club will have a seafood buffet dinner May 17 from 5:30-9 p.m. The cost is \$12.95 for members and \$14.95 for nonmembers. All ranks are welcome. For more information, call 6-6460.

### Enlisted club comedy jam

The enlisted club presents Comic View comedians Marlin "Wan" Dexter and Dexter Smiles May 17. Doors will open at 8 p.m., and the show will start at 9 p.m. Advance tickets are \$5 for members and \$8 for nonmembers. Ticket prices day of show are \$8 for members and \$11 for nonmembers. This show is for a mature audience. For more information, call 6-6427.

## At the Flicks

### Friday 6:30 p.m.

Closed, ENJJPT graduation

### Friday 9 p.m.

Closed, ENJJPT graduation

### Saturday 2 p.m.

Ice Age

### Saturday 4:30 p.m.

Monster's Ball

### Saturday 7 p.m.

Death to Smoochy

### Sunday 2 p.m.

Ice Age

### Sunday 4:30 p.m.

Monster's Ball

### Thursday 6:30 p.m.

Ice Age

**This schedule is subject to change without notice. For movie information, call 6-4427.**

**Ice Age (PG)** – animated – During the Ice Age, twenty-thousand years ago, the planet's creatures begin migrating south to avoid a really bad frostbite. Four friends embark on the incredible journey. They become the weirdest herd of this or any age.

**Monster's Ball (R)** – Billy Bob Thornton, Halle Berry – A young man who's grown up in a racist family falls in love with the widow of an African-American inmate at a death row prison he works for. The trouble is, she has no idea of the

young man's connection to her dead husband.

**Death to Smoochy (R)** – Robin Williams, Edward Norton – "Rainbow Randolph" is the highest rated kid's show on TV. When Randolph gets busted for bribes, the network needs a squeaky clean replacement. Enter Sheldon and his alter-ego, a fuchsia plush rhino named "Smoochy." Sheldon soon learns, however, that children's television is a dangerous world steeped in corruption, backstabbing and violence.

## Chapel Schedule

### Student programs

Tuesday, 11 a.m. and 4:15 p.m., chapel rope meeting, North Chapel

Saturday, 5 p.m., Solid Rock Cafe, South Chapel

Sunday, 5 p.m., Student bible study and activity night, North Chapel

### Catholic activities

#### Mass

Saturday, 5 p.m., North Chapel

Sunday, 9 a.m., North Chapel

Sunday, noon, North Chapel

Mon.-Fri., 11:30 a.m., North Chapel

### Religious education

Sunday, 10:20 a.m., classes for preschool through adult, Bldg. 962

### Reconciliation

Saturday, 4-4:30 p.m., North Chapel

### Protestant activities

#### Worship services

Saturday, 6:30 p.m., Holy Eucharist with Praise and Worship, South Chapel

Sunday, 10:30 a.m., Holy Eucharist, Hospital Chapel

Sunday, 10:30 a.m., Inspirational Gospel Service, South Chapel

Sunday, 10:30 a.m. Protestant Community Service, North Chapel

### Religious education

Saturday, 5:30 p.m., Growing in God's Grace, South Chapel

Sunday, 9 a.m., classes for ages 3 to adult, Bldg. 962

### Bible studies

Tuesday, 6:30 p.m., South Chapel

Thursday, noon, South Chapel

Thursday, 7:00 p.m., Protestant Women of the Chapel, Bldg. 962

Saturday, 6:30 a.m., Protestant Men of the Chapel Bible study

Second Saturday of month, 8 a.m., Protestant Men of Chapel breakfast

### Lay-led faith groups

Islamic activities, Friday, 1:45 p.m., South Chapel

Jewish activities, call Maxine Simpson, House of Jacob Synagogue at 322-4177

Latter Day Saints, Sunday, 2 p.m., Hospital Chapel

Mystic Grove Pagan Study Group, Wednesday, 6:30 p.m., Bldg. 962, call Kalista at 6-4370

**For more information, call the base chapel at 6- 4370**

# The FITT principle of exercise: helpful hints for improving fitness

By Staff Sgt. Sarah Fry

Base health and wellness center  
NCOIC

Regular physical activity is vital at every stage of life. Aerobic activity is the backbone of a general fitness program. The main purpose of aerobic exercise is to make the heart muscle stronger and work more efficiently, thereby potentially increasing life expectancy and quality of life. With that in mind, how do you know if your fitness program is working for you? The FITT Principle of exercise is an easy way to remember the key components of exercise whether it is for weight loss, cardiovascular endurance or just for health reasons.

**Frequency-** how often

**Intensity-** how hard to exercise

**Time-** how long to exercise

**Type-** how to choose an exercise

To improve your fitness, the American College of Sports Medicine recommends the following:

**Frequency-** cardiovascular exercise should be done 3-5 days per week. Beginners should start with 3 times a week, skipping at least a day in between. It is suggested for weight loss 5 days a week and for maintenance 3-4 days per week.

**Intensity-** to assess the intensity of an activity or exercise check heart rate while doing that activity. It is recommended that intensity of training should be 55-90 % of maximum heart rate or 40-85 % of heart rate reserve. To calculate your intensity:

1. Calculate your Maxi-

mum Heart Rate (MHR)=  
220-age (if you're 30 years of age then : 220-30=190)

2. Calculate your training Target Heart Rate (THR) by multiplying your MHR by your desired workout intensity (approx. 55%-90%) (190 X 0.55=105, 190X 0.90= 171. So your THR is 105-170 beats per minute). Divide these numbers by 6 to see what it would be in 10 seconds: 105/6 and 190/6=18-31 in 10 seconds.

3. During exercise, either utilize a heart rate monitor and stay in your THR, or check pulse at your wrist or neck for 10 seconds and see if you're in your correct 10-second range.

4. The better condition you're in, the closer to your maximum training target heart rate you can work. 70-80% are considered moderate. If your heart rate falls below 60 % of the target exercise heart rate still has benefits relative to burning calories but may not improve aerobic endurance. The key is to build yourself up gradually to at least a moderate level and then stick with your program for life.

**Time-** beginners should start with approximately 10 minutes and build up gradually to 20-60 minutes of continuous aerobic conditioning exercise depending on fitness goal.

**Type-** any continuous activity using large muscle groups and is rhythmic and aerobic in nature. The most effective fat burning activities are brisk walking, jogging, bicycling, stair climbing, aerobics or elliptical cross trainers. For further information or assistance with exercise, contact the health and wellness center at 6-3026 or 6-6342.

# New DEERS begins in 2003

By Staff Sgt. A.J. Bosker  
Air Force Print News

WASHINGTON — The New Defense Enrollment Eligibility Reporting System, scheduled to begin in 2003, consolidates medical information from more than 120 different databases into a single one that will benefit not only TRICARE patients but also the providers, said an Air Force surgeon general official.

"New DEERS is really a tremendous step forward," said Maj. (Dr.) Paul Friedrichs, operations branch chief of the health benefits and policy division at Bolling Air Force Base, D.C. "It will consolidate information on eligibility, enrollment, claims processing, the primary care manager, and if enrollees have other health insurance."

Under the old system, the major said, the large number of databases resulted in repeated problems for patients and medical officials.

"One common example is that one database would reflect that a person was enrolled in Region 1 while another would report that (he or she was) enrolled in Region 6," Friedrichs said. "Similar conflicts between the various databases could occur, creating problems when a claim was processed or a person sought medical care."

Information on patients from all of the services, including the Coast Guard, as well as Guard, Reserve and any other agency using the TRICARE health system will be included in the new database, said Friedrichs.

"For the first time, all military treatment facilities and TRICARE contractors will be able to access New DEERS to verify someone's eligibility for care, which is a real advantage, particularly if you're traveling," he said.

Keeping such a massive database up to date can be a daunting task, but one that Friedrichs be-

lieves is necessary.

"It improves the way we can deliver health care," he said. "We will be able to get the right information about a patient at the right time to improve (his or her) treatment, enrollment or claims processing needs. For example, providers now don't have to worry about searching through duplicate records to find the correct lab results. This will greatly help providers give our customers the best care possible."

New DEERS is being deployed in three phases. The first, deployed in July 2001, consolidated everyone's enrollment information.

The second phase, deployed in October 2001, added the TRICARE for Life information to the database for senior enrollees (those older than 65) and anyone who qualified for Medicare.

Phase 3 will be deployed next year and will contain the remaining information regarding claims, data about other health insurance carried by enrollees,

and additional administrative data, he said.

Friedrichs expects full implementation of New DEERS in 2003.

"I'm a doctor by training, but I've been interested in medical information systems for a long time," he said. "(New DEERS) had probably the most successful pre-deployment testing that I've ever seen in the military."

"We spent two months testing the database by running thousands of test patient transactions prior to deploying Phase 1, and we'll do the same again before Phase 3," he said.

"In fact, we've already corrected hundreds of thousands of errors as we've consolidated the information," he said. "The new system allows us to correct many of these in real-time as soon as they are identified. And the advantage of the system is that impact to the patient is minimal with most corrections and transactions occurring behind the scenes."

## Sheppard vets give pet policy

According to Sheppard AFB Instruction 31-201 "Control and care of pets and other animals," pet owners must follow these regulations:

**Registration** - All dogs and cats, if maintained on Sheppard, must be registered at the Veterinary Treatment Facility, located in bldg. 61, within one week of arrival. Proof of all past immunizations given to the animal must be presented to the VTF. Owners will notify the VTF when their address, phone number, or ownership changes, or the pet expires.

**Control of Pets** - Pets will be under the owners' actual control at all times. Pets will not be left unattended outside quarters unless the yard is fenced or the pet is secured in a protected enclosure. The use of chains or any other tethering devices to provide unattended control is prohibited.

**Stray, Uncontrolled or Injured Pets** - All stray or uncon-

trolled pets will be reported to the security forces at 6-2981 or 6302. If the owner of an animal can be determined, the individual will be notified to report to the Security Forces Control Center to claim the pet. A "Failure to Control Pet Letter" will be initiated and forwarded to the owner's unit commander for appropriate action. An information copy will be sent to the Support Group commander. If the owner can not be determined or contacted, or fails to claim the animal, the animal will be transported to the Wichita Falls Humane Society Animal Shelter."

Thank you for your cooperation and concern for keeping Sheppard a healthy place to live. For more information, call the Sheppard Veterinary Treatment Facility Monday, Wednesday or Friday, 8 a.m. to 3:30 p.m., at 6-6883.



# Commentary: Suicide prevention is a year-round task

**By Lt. Col. Rick Campise**

*Air Force Suicide Prevention Program*

WASHINGTON (AFPN) — “Suicide is our most preventable cause of death,” said Air Force Surgeon General Lt. Gen. Paul K. Carlton Jr. “Leadership and mentorship are our two most important tools in preventing these tragic losses!”

Suicide is the second leading cause of death for active-duty Air Force people, surpassed only by unintentional injury. Awareness of suicide and the risk factors associated with suicide are key to the prevention of such loss of life and its traumatic consequences for our families and our communities.

May is National Mental Health Month, according to the National Mental Health Association. The first full week of May is National Suicide Prevention Week, which is sponsored by the American Association of Suicidology.

But how do we know when someone is in significant distress? A misconception about suicide is that suicide occurs with little or no warning. There are often many clues that someone may be in distress or at risk.

The most commonly associated factor with suicide in the Air Force is problems in intimate relationships, including marital and dating relationships. Other high risk factors that should alert us to vulnerability include abuse of alcohol or other substances, financial and legal problems, few social ties or loneliness, prolonged unmanageable stress, and feelings of depression or worthlessness.

A key signal of distress is obsessing or talking about death, dying and violence, as well as purchasing firearms or other weapons. This runs counter to another misconception: those who talk about suicide will not do it.

Other significant signs that someone may be in need of assistance include withdrawing from friends and family or suddenly making amends with others, sudden changes in behavior, loss of interest in work or usual activities and giving away possessions.

What can we do to help? Talking with someone directly about suicide is one of the most helpful things you can do. Most people contemplating suicide are seeking an end to the emotional pain they are experiencing, not an end to life. Talking with them may open doors to assistance to help them through their distress.

Some buy into the myth that if we talk about suicide with someone, it will give that person the idea to harm him or her-

self, or if someone has decided to harm him or herself there is nothing we can do to change his or her mind. This belief is not only wrong, it also creates barriers to preventing suicide.

The key to the prevention of suicide is early intervention. Seeking assistance and encouraging others to do the same when having difficulty coping helps prevent more serious problems from developing.

If serious warning signs are present, including threats of suicide with a plan, do not leave the person alone. Call 911 or seek emergency services immediately.

Air Force leaders have stated repeatedly that “one suicide is too many” and their actions in providing standardized tools and working to remove the stigma

applied to those who turn to mental health for professional assistance bear this out.

Today, the Air Force uses an integrated delivery system that involves chaplains and professionals from mental health, family support, child and youth services, health and wellness centers and family advocacy — all working together and taking responsibility for prevention.

Suicide prevention efforts include involving and training leadership, annual suicide prevention training for all military and civilians and a database that tracks not only suicides but also suicide attempts.

The Air Force’s community approach in suicide prevention and education has received national recognition, including

praise in May 2001 from then-U.S. Surgeon General Dr. David Satcher, who declared the program a model for the nation and incorporated it into the National Suicide Prevention Strategy.

The Air Force Suicide Prevention Program began in the summer of 1996. For the five years prior to the program’s inception, the Air Force averaged 60 deaths annually, a rate of 14.3 per 100,000 personnel, the standard measurement of suicide rates nationally. From 1999 through 2001, the service averaged 28 suicides annually, a rate of 8.1 per 100,000 personnel.

(Capt. Arianne Henry, a family advocacy officer at Andrews Air Force Base, Md., contributed to this story.)

# May Fitness Month

## Bench press competition

A bench press competition will be held Saturday. Weigh in time is at 9 a.m., and the competition will be from 10 a.m. to noon at the main fitness center. Awards will be given to first and second place winners for each weight class, and for overall male and female.

## Armed Forces Week sports challenge

The Armed Forces Week sports challenge will be held from Monday through Thursday. Army, Navy and Marines are each allowed two teams per event, and Air Force is allowed three. The individual challenges include:

- Single round-robin softball tournament Monday through Wednesday from 5:30-7:30 p.m. at fields 2 and 4.
- Softball tournament championship Thursday at 7:30 p.m. at field 1.
- Fitness challenge on Wednesday, at 4 p.m., at the main fitness center.
- 440-medley relay Thursday, at 6 p.m., at the base track.
- Combat tug-o-war Thursday at 7 p.m. at the base track.

For more information, call Staff Sgt. Richard Brandquist or Master Sgt. Desi Hale at 6-1438 or 6-2972.

## Nutrition class

A nutrition class for children will be held Wednesday at 4 p.m. at the Madrigal Youth Center. This class will introduce children to nutritional meals and snacks. For more information, call Tech. Sgt. Jolene Barbrick at 6-4292.

## Armed Forces 5/10K fun run

The Armed Forces 5/10K fun run will start at the north fitness center May 18 at 8 a.m.

The run will be either 5K or 10k. First and second place prizes will be awarded in each race in the categories of male or female. The entry fee is \$5, and the first 35 entrants will receive T-shirts. Entrants may register at any of the three fitness centers by Wednesday. Awards will be given at the closing ceremony on May 31.

For more information, call Airman Amy Sherwood or Tech. Sgt. Yulanda Moffett at 6-6336 or 6-2972.



## Running with the students

Staff members from the fitness centers and the health and wellness center go on a "fun run" with technical training students. The run was to promote good health and fitness in support of May Fitness Month. (Photo by Tech. Sgt. Jolene Barbrick)

# Sports

Sports writers  
needed. Call  
6-7246.

## AETC announces 2002 softball championship

Headquarters Air Education and Training Command has announced the inauguration of the 2002 Air Education and Training Command Softball championship to be held at Lackland Air Force Base, Texas, Aug. 24-25.

The championship will be a slow-pitch, double elimination tournament and will be governed by the 2002 Amateur Softball Association rules of play, except as outlined in the HQ AETC Softball Championship By-Laws.

Teams will be composed of a minimum of 10 players, with at least two females.

A maximum of 13 players and one player/coach from a participating base will be funded by AETC for travel.

All members advancing to the AETC tournament must be AETC-assigned active duty military members, regardless of branch of service. Air National Guard or Air Force Reserve members may participate, but must be in an active duty status during travel.

The 82nd Services Division is soliciting a volunteer Coach who will put together a winning "All-Star" team for Sheppard. For more information, or to volunteer as a coach, please call John Romolton at 6-3551, Tech. Sgt. Anthony Miller at 6-4808, Staff Sgt. Brent Casey at 6-6754 or Tech. Sgt. Milton Johnson at 6-2022. *(Courtesy of the 82nd Services Division)*

## Sports shorts

### Yoga-pilates classes

The south fitness center is now offering yoga-pilates classes Mondays and Wednesdays at 10:15 a.m., Wednesdays at 5 p.m., Tuesdays and Thursdays at 4:15 p.m., Thursdays at 6 p.m. and Saturdays at 3 p.m. For more information, call 6-2972.

### Muscle Mania

AETC is sponsoring a MAJCOM-level muscle mania sports competition May 18 at Little Rock Air Force Base, Ark. The active duty Air Force winners from Sheppard's Dec. 1, 2001, power lifting competition will represent the base. Additionally, the fitness centers are looking for serious bodybuilders to participate at the competition. Members must be on active duty and assigned to an AETC base. General information and

instructions for the competition are available at the south fitness center. Questions or comments regarding this sports event should be directed to Master Sgt. Desi Hale at 6-3550.

### Pool season

Pool season is coming up again at the Bunker Hill, Capehart and main pools. Pools open May 18 and 19. Season passes are available. For more information, call 6-4141.

### No tap tournament

There will be a no tap tournament, May 18 at 7 p.m. at the south bowling lanes. Single handicap is required. Participants can knock down at least nine-pins for a strike, listen to music and eat good food at the snack bar. For more information, call 6-2170.